

## Physical Education

Core knowledge and skills you will need for September

1. Attendance to extra curricular clubs in and out of school across 3 different activities
2. Must be playing competitive sport outside of school
3. Must have high levels of fitness in the activities in which they compete to access higher bands
4. Knowledge and understanding of basic anatomy (muscles, bones CV system)
5. Have a healthy appetite for wider reading around contemporary issues in sport

<https://www.bbc.co.uk/sport>  
<https://classroom.google.com/w/MzQ5NDI4MzQ3MzQ0/tc/MzQ5NDM2NTMyODQy>

